* I believe that sorrows are dangerous companions, con-verting bad into evil, and evil into worse, and do no other service than multiply harms They are the treasons of weal hearts and of the foolish The mind that entertameth them is as the earth and dust whereon sorrows and adversities of the world do, as the beasts of the field, tread, trample and defile Tne mind oi man is that part of God which is in us, which, by how rn-uch. it is subject to passion, by so much it is farther from Him that ga\e it us Sorrows draw not the dead to life, but the living to death And, if I were myself to advise myself in the like, I would never forget my patience till I saw all and the worst of evils, and so grieve for all at once , lest, lamenting for some one, another might not remain in the power of Destiny of greater discomfort *

30^ *January* MR BACON'S * ESSAYS *

Mr Francis Bacon hath written a little book of *Essays,* being ten in number, *viz* of study , of discourse , of ceremonies and respects , of followers and friends , suitors , of expense , of regiment of health , of honour and reputation , of faction , of negotiating There are added twehe Sacred Meditations in Latin, and a fragment * Of the Colours of good and evil*

MR BACONS ESSAY OF STUDIES

c Studies serve for pastimes, for ornaments and abilities
Their chief use for pastimes, is in pnvateness and retiring > for ornament is in discourse, and for ability is in judgment For expert men can execute, but learned ones are fittest to judge or censure

1T To spend too much time in them is sloth, to use them too much for ornament is affectation to make judgment wholly by their rules is the humour of a scholar f

They perfect Nature, and are perfected by experience, ff Crafty mm contemn them, simple men admire them, wise men use them , for they teach not their own use, but that is a wisdom without them and above them won by observation flf Read not to contradict, nor to believe, but to weigh and consider Some books are to be tasted, others to be swallowed, and some few to be chewed and disgested That Is, some books are to be read only m parts, others to be read, but cursorily > and some